



# Support Groups - Minneapolis

[www.minneapolis.va.gov/services/move](http://www.minneapolis.va.gov/services/move)

We welcome you to attend our support groups. Regrettably, because of severe space limitations we must ask you to attend no more than one group a week. *Thank you.*

January 2013				
Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	Holiday	2		3
7	8 ↓		9 ↓	10
	Women only	16	Post surgery only	17
Holiday				24
		30		31

February 2013				
Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
				7
	5 ↓	6		14
11	Women only		13 ↓	21
Holiday		20	Post surgery only	28
25				

March 2013				
Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	5 ↓	6		7
11	Women only		13 ↓	14
		20	Post surgery only	21
25				28

April 2013				
Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	2 ↓	3		4
8	Women only		10 ↓	11
		17	Post surgery only	18
22				25

May 2013				
Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
		1		2
6	7 ↓		8 ↓	9
	Women only	15	Post surgery only	16
20				23
Holiday		29		30

June 2013				
Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	4 ↓	5		6
10	Women only		12 ↓	13
		19	Post surgery only	20
24				27

Schedule is subject to change ---- revised 12/3/12

\*Tues 10am for women veterans and \*Weds 3:30pm for veterans who have had weight loss surgery



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## July 2013

Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	2 ↓ Women only	3		Holiday
8			10 ↓ Post surgery only	11
		17		18
22				25
		31		

## August 2013

Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
				1
	6 ↓ Women only	7		8
12			14 ↓ Post surgery only	15
		21		22
26				29

## September 2013

Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
Holiday	3 ↓ Women only	4		5
9			11 ↓ Post surgery only	12
		18		19
23				26

## October 2013

Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	1 ↓ Women only	2		3
7 4T-113*			9 ↓ Post surgery only	10
Holiday		16		17
21				24
		30		31

## November 2013

Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	5 ↓ Women only	6		7
Holiday			13 ↓ Post surgery only	14
		20		21
25				Holiday

## December 2013

Mon	Tues	Weds		Thurs
8:30am 1B-102	10:00am 1B-102 *	12noon 1B-102	3:30pm 3D *	5:00pm 4T-113
	3 ↓ Women only	4		5
9			11 ↓ Post surgery only	12
		18		19
23		Holiday		
	Holiday			

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\*Tues 10am for women veterans and \*Weds 3:30pm for veterans who have had weight loss surgery